# THE TIMES DAILY MAGAZINE PAGE

## Gives Child Life Lessons

Results of Contact With Other Children More Beneficial Than Individual Training.

O." said the sweet little wom an with ideas of her own, "no, I shan't let my children go to public school-not

'I shan't let them go to any school at When I asked her why, she said she didn't believe in the public school system as it worked out in actual practice.
"There's too much routine about it," said the sweet little woman, "and routine about it," said the sweet little woman, active mind.

tine is so deadening to an active mind, to say nothing of an active body. Be-sides, there are all kinds of children, and you never know what ideas your children may bring home. "I believe in developing the individual,

not in molding each child to a particula

"No. I shan't let my children go to school outside my garden for a while."

System, routine—don't all of us need just a little bit of that to begin with? Is not he very fact that you have to do a thing when you don't want to do it one of the most important bits of education that any child can ever get anywhere?

The boy who's brought up at home, whose ideas does he get, his mother's, his father's, or, whisper, does the chauffeur or the man who takes care of the furnace give him an idea now and then, too?

The girl who's brought up at home, where does she get her ambitions? From her mother, from her aunt who came at o visit, or from the ladles' maid who can tell such deliciously terrifying stories when mother is busy entertaining visitors? And are mother's ideas always modern, always practical, always feasible?

The Normal Life.

The Normal Life.

Does any woman in the world know enough to take upon herself the whole burden of her children's educa-

Doesn't she need every bit of help she can get every way? Does she want her children to grow up with her prejudices and her limi-tations, and her likes and dislikes, and her friends and her enemics?

The eleverest boy I ever knew acted a good deal like a fool until his mather died and he went to public school, and found out that the boy with a stocking around his throat instead of a collar might know more about arithmetic and carry a handier fist in a fight than he did.

fist in a fight than he did.

He took his lessons not from the teacher at all but from the other boys—just plain, every-day, commonpline boys in brown shirts and cordurby trousers and old caps and shoes that were some of them much the worse for wear.

Give and take, live and let live, fight and forget, quarrel and make up, take a dare and lose it, win a game and don't brag about it—the whole business of living—that's what is taught, and taught by actual experience lessons, in the public school. I wouldn't keep my children away from one of them for any consideration.

For it is there that a child learns that who he is is not half so Important as what he knows, and that what he knows doesn't really amount to so very much either compared to what he is. And when a boy has committed that lesson by heart the world in general will find very little to teach him. I'm sorry for the child who is educated at home. He's bound to be "Mifferent." And that will make it a lird for him as long as he lives.

#### Seen In The Shops

By THE SHOPPER.

PANESE crepe, hand-embroidered with sprawly pink chrysanthemums, was the material utilized in a charming tub frock little girl, priced very cheaply at 96 cents.

A slim decanter, with the base cut in star-shaped design, has a rock crystal stopper—either a red-combed rocater or a feroclous buildeg with a red collar. The price of a bottle with either stopper included is \$4, the stopper alone \$1.50.

China birds perched saucily on the edge of a low bowl add immensely to its decorative effect. The blue ones are perhaps the most cheerful, and they cost 75 cents or \$1. Butterflies in natural colorings may be made to alight on flowers in the most natural way. These age \$1.

Feather ruffs of ostrich are no nov-elty, for they were popular in the days of sweep-front hats and pom-pasours to match. They are with us again—not in the superfluous lengths of 1900, but just long enough to encircle the neck. For \$3.98 such ruffs may be had in bright blue, brown, black, or green at one G street shop.

A medicine shelf for the bathroom, complete with glass, brackets, and nails, is 10 cents at a 10-cent store. A convenient cack to hold a glass may be had for the same price.

Candle shades of brown wicker lined with various plain colors of slik are 10 cents and a great bar-gain. Don't you know what a cozy look a pair of candles gives to a mantle, or what an essentially femi-nine appearance to a dressing table? Here's your chance to acquire both of these attributes at a very small cost.

The lord of the manor may now read his breakfast paper and manipulate his breakfast grapefruit similationsly, instead of the two processes being mutually exclusive. Some kindly soul has invented a newspaper rack that will hold a paper while he cats and tactfully thristons it a "breakfast companion." It is of brass, and costs all of 50 cents.

Telephone Main 5260 and ask "The Trephone Main Son and ask "The Shopper' or information giving the names of shops which varry the ar-ticles referred to in these columns. Mail inquiries should enclose a stamped, self-addressed envelope or postal card for reply.

### Public School Youth Brings Strange Anomalies to Stage, And As Usual Upsets All Known Precedent

With the Leading Woman of One Show Sending Flowers to the Leading Woman of a Rival Production in the Same City.

By FLORENCE E. YOUER. AST night at the National Theater some one handed a great bouquet of roses across the footlights for the leading woman of the play, "My Lady's Gar-ter," Miss Minna Gombel. Those "out front" may have thought that they were from some masculine ad-

mirer very justly.

mirer very justly.

But as a matter of fact, they were from Mrs. John Daly, who, under the name of Florence Rittenhouse, is leading woman of the Poll stock company. And as if this remarkable state of affairs, of leading women sending one another flowers, were not enough to entirely upact all of the organized stage traditions, Miss Minna Gombel had another surprise for the interviewer.

Her dressing room, after the show, was crowded—not with mash notes, nor flowers from men, nor cards from stage door Johnnies—but with Momma Gombel and Poppa Gombel, two or three Aunties Gombel—all excited and talking at once, and last but by no means least, Grossmutterkins, eighty-three years old, and as excited and full of comment as all the rest of them put together.

Now, somehow, memory doesn't recell—unless in the case of those clannigh Barrymores, perhaps—that first night performances were usually wont to be enhanced by the presence of so many relatives and an eighty-three-year-old grandmother, but this is the day of the very young woman on the stage, and everything is topsy-tury.

woman on the stage, and everything is topsy-turvy.

The coincidence which resulted in the leading woman of one show in town sending flowers to the leading woman of another show had its beginnings long ago—early in Miss Gombel's carer—oh, as many years as one or possibly two—and the attendance of the relatives was a result of Miss Gombel's having been born in Baltimore, whence they could come without very much inconvenience to Grossmutterkins.

Evidently all of the neculiar circumstances owe their origin, either directly or indirectly, to the fact that Miss Gombel is very young, and that she is one of that growing galaxy of brilliant young waman merely in their teens who are stampeding Broadway with their youth and proud Momma's and Poppa's, and are taking it by the ears and making it better in spite of itself

Miss Gombel herself, in answer to

itself Miss Gombel herself, in answer to the question of whether or not it was easier for people to make good nowadays than formerly laid the whole thing to the desire of New York for youth—spontaneous, brilliant, and unspolled.

"There are so many ingenue roles in demand now," she said as she began to lather her face with cold



in the country for a while with nothing to do at all.

"Those flowers you raw handed to me tonight?" she shuffled the relatives about to gain more room for herself, and proudly showed off the beauties of electric lighting in the

funny? Almost the same way in which Miss Rittenhouse got her first chance!

"How did I get on at first? I just walked on." Beams of approval and pride and love from the Gombels in conclave assembled, and trembling applause from Grossmutterkins. "I was visiting some friends in New York after I had finished school, and a woman who had been teaching me discourased me terribly about the stage. Bo I just tried with fifty other wirls at a reading before Mr. Savage for a part. All of them were reading at the same time in different rooms and it way so confusing, and then we had to read before a terrible tribunal of Mr. Savage, Mr. Corey, and Mr. Ryeroft. But I got it.
"One of the best ways to get along is to play whatever you can at first. I had to play the part of Anna Moore, in 'Way Down East.' and I simply hated the part, but I did it. And when some of the little girls who go up in the gallery in the tenent seats sent me some congratulatory letters I saw the humor and pathos of the whole thing and it changed my attitude entirely."

Before Miss Gömbel's present role she was playing the lead in one of the Western companies of "A Pair of Sixea."

At a dinner-and-theater party re-cently given in Washington a beautiful debutante was frightened beyond measure because Senator Blank had been se-

Like Old Friends.

And With Momma's, Poppa's

Aunties, and Eighty-three-

Year-Old Grandmothers

Attending First Night Per-

room while she talked, "they came from Miss Rittenhouse; you know, over here across the street. She offered me my first opportunity for playing a lead.

"It was in Yonkers about a year ago," she added with a brilliant smile which showed her dimplesmore or less. I was playing ingenue roles when one day Miss Rittenhouse fell ill and my opportunity came. In stock, too. Wasn't it funny? Almost the same way in which Miss Rittenhouse got her first chance:

formances.

ure bocause Senator Blank had been selected for her escort. The poor girl was almost in tears from nervousness.

"But, mother," she protested, "whatever can I taik to him about."

The mother smiled, "You'll like him, dear; everyone does."

It was late that night when the debutante came running into her mother's boudoir, a happy flush on her woing cheek. "I've have a perfectly dandy time," she announced, "and I think the Senator's fine. He isn't at all what I expected him to be. Why, we hadn't gone two blocks before we were taiking about fleas in Italian hotels."—Everybody's.

### Shuffling and Jogging By Motorman and Chauffeur Is "Criminal Smartness"

By DR. LEONARD KEENE HIRSHBERG. (Copyright, 1915, by Newspaper Feature Service, Inc.)

starts suddenly?

some European cities, thanks to the respect of civic power to medical knowledge, it is a penal offense for motorman or elevator man to thus joit his passengers, except in omergencies. The courts in one of our own States vere even radical enough to give Judgment against a traction company as re-sponsible for a floating kidney, blamed ustly or unjustry, upon the instantanenotorman.

The human figure is made of loosely seld parts and a firm, hony frame-work. With a well balanced, nicely adjusted set of weights and measures, tissues and viscers, the human creature is adaptable, within limits, to re-arrange itself with equilibrium to any slight or graduat change.

HY do you feel as if your insides were going to jump
out when a trolley car or a
motor car or an elevator testines, stomach and other lightly held elements attempt to stay put. That is to say, the figure of yourself goes with the lunge forward or downward, while the relatively loose tissues budge only when humped by the spine, pelvis or other bony arrears which they meet,

Such Smartness "Criminal." What may thus happen can well be marined. Such organs as the kidneys, he liver, the adrenal glands, the spleen, he stomach or the kidneys may be torn loose from their far from tenacious attachments, and the maladies and interral deformities known as floating in-"s" or movable organs, high blood presloose spleen, gastroptosis or saggar stomach and Soating kidneys may 'f li to the lot of those exposed to such

eriminal emartness Nevertheless, your body is not a gyroleope or invuincable. The unexpected or chauffeur who takes this sort of delight in shuffling and jorging his pasareless motorman or marine engines; the first her into third" leaves your liver tosses his baby in the air.

#### Answers To Health Questions

The a small electric battery on the neck every four hours, take mild experies, turning the neck as far to the right and then as far to the left as you can. Practice this several times a day for about ten minutes each time. The pain will pass away in a few days.

K. M.—Will you kindly advise me were transparent traders and the same pain will pass away in a few days.

Have your adenoids and tonsils re-moved and the turbinate bones of the ness compressed so as to allow more air space. Sleep in the open air and live an outdoor life as much as possi-ble. Irrigate the nose and threat three times a day with alkaline antiseptic fluid diluted three times in water three times a day.

Salicylic acid used in the form of a plaster mull is sometimes used suc-

Mrs. M. B.—I am fifty years old and suffer great pain in the back of my neck. What do you advise?

Use a small electric battery on the neck every four hours, take mild excrete, turning the neck as far to the right and then as far to the left as you can. Practice this several times a day on them.

J. P. E.—Please give me some remedy for throat trouble. I have a tickling in my throat and sometimes! cannot swallow. A collection of mucus is in my mouth most of the day. What doyou suggest?

K. M.—Will you kindly advise me what to do for pains in my limbs and ankles?

I'se the small electric battery on the limbs and ankles four times a day and just before retiring. Massage, manipulation and gymnastic stunts (if not overdone), will also prove beneficial to you.

#### PERSONAL ADVICE.

Readers desiring advice should

1. To address inquiries to Dr. L Hirshberg, care of The Washington Times.

2. To enclose a stamped and addressed envelope if a personal

### People Should Eat More Nuts As Food

That Is the Way They Should Be Regarded and Used More Extensively on the Tbale.

OST people think of nuts as a luxury, tidbit or table dainty, to be added to a regular meal. Salads, sprinkled with nuts; desserts covered with chopped nuts; a bowl of salted al-

chopped nuts; a bowl of salted almonds—all these are common uses. But seldom are nuts considered a food in themselves; yet that is the way in which they should be regarded and used more extensively on our table.

We are thankful to the vegetarians for bringing this fact before us, for it is no longer a joke that the peanut, the walnut, the almond, the pecan, contain practically the same food values as meat.

There are, broadly, two classes of nuts—those in which starch is the chief element, as in chestnuts; and the other in which protein is present in greater quantities, as in the almond, walnut, and many others. In addition, all nuts contain a high percentage of fat, so that they are food in a concentrated form.

Mistake to Avoid. Mistake to Avoid.

Mistake to Avoid.

The first mistake to avoid in the use of nuts is to serve those heavy in protein with a hearty meal of meat, eggs, etc. The true way is to replace meat or its equivalent in the menu with some food in which nuts are liberally used. A "nut loaf" is as delicious from time to time as any meat loaf. To make it, chopped with bread crumbs, seasoning and milk, and slowly baked for an hour in the oven. This can be served either with tomato, cream or other sauce, and a hearty helping of this will be found even more filling than many forms of meat.

Again, a saind can be made the substantial dish of the meal if nuts are generously added to it. A saind of cream cheese, nuts, and fruits or vogetables, eaten with bread and

#### Question Box

Gentlemen: Kindly advise me through the "Question Box" column in The Times the meaning of the various positions in which postuge stamps are placed upon letters. It is commonly called the stamp language. I think, L. E. J. Lipside down on left corner-I

ove you. Laft corner crosswise—My heart is arother's.
Straight up and down-Good-by.

Straight up and down—Good-by, sweetheart.

Upside down on right corner—Frite no mote. In minde of top—Yes, In middle of bottom—No. In righthand corner at right angles—Do you love me?

In left-hand corner at right angles—I hate you.

For corner at light—I wish your friendship.

On line with surname—Accept my love. my love. Same upside down-l am ensame at right angles-I long to

By MRS. CHRISTINE FREDERICK

ARS. CHRISTING FREDERICK.

Deprignt, 19th, by Mrs. Christine Frederick.)
butter, is also a "complete meal."

Nuts can be added to various breads
and certainly no bread is more delicious and nourlishing than wholewheat bread to which some nut
meats are added before baking.

Peanut Takes Its Place.

ly as a confection, has taken its place among legitimate food prodplace among legitimate food prod-ucts. The most popular form, of course, is peanut butter. Then there is a ground peanut meal which de-serves to be better known. This can be sprinkled on many dishes—on salads of bananas, on bread crumbs, for stuffing various dishes, etc. An experiment the other day with to-matoes stuffed with bread crumbs, diced bacon, and sprinkled with peanut meal was pronounced most delicious.

delictous.

A peanut soup is not to be despised, and is made by adding a small quantity of peanut butter to a cream soup, serving it with a few croutons of roasted, broken peanuts. Children love such a soup, and in

cold weather it is extremely nour-ishing. Since nuts are in themselves rich, and full of fat. they should not be mixed with rich cake or rookies, which then became too great a tax on the digestion.

How to Blanch Off Skin.

gestible to some is because of the thin skin surrounding each kernel. This can easily be blanched off by pouring boiling water on the nut, pouring boiling water on the nut, and allowing it to stand a few moments. Almonds should never be eaten with the red, tough skin on the nut meat. When boiling water a poured on the almond this skin becomes as tough as leather.

The best way to use nuts for children is to grind the nut meats or pound them, for which purpose the nut-butter knife or the meat grinder will be found the right tool. A good nut cracker with strong spring makes nut cracking easy and is much preferable to huying the ready picked meats on the market.

# Keep Away From Drugs

L AXATIVES and cathartics, used continuously, only accentuate the condition they are meant to cure.

Nujol, a pure, white mineral oil, is the recognized common-sense remedy for constipation. It conforms to the requirements of the well-known Lane treatment.

Nujol is odorless and tasteless, absolutely neutral, and is not digested or absorbed into the system. It acts merely as a mechanical lubricant.

Nujol is not a drug. Its use will not give quick, temporary relief. But Nujol is a genuine remedy in that it relieves constipation in the most natural way by lubricating the lining of the intestines, softening the intestinal contents, and thus promoting healthy and normal bowel activity.

STANDARD OIL COMPANY (New Jersey)

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Bayonne



Children Cry for Fletcher's

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but experiments, and endanger the health of Children—Experience against Experiment,

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It contains neither Opium, Morphine nor other Navcotic substance. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoga. It regulates the Stomach and Bowels. bles and Diarrhea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacca—The Mother's Friend.

The Kind You Have Always Bought

Bears the Signature of In Use For Over 30 Years